

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

4-12-2021

The Bear Essentials, April 12 2021 Edition

DMACC Student Life

Follow this and additional works at: <https://openspace.dmacc.edu/beaessentials>

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THE BEAR ESSENTIALS

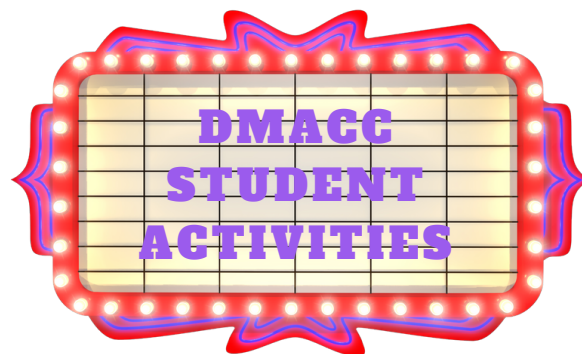
BE involved. BE active. BE informed. BE you.

DMACC STUDENT LIFE WEEKLY NEWSLETTER

MONDAY
MOVIE NIGHT
"MOXIE"
8:00PM



TUESDAY
7:00PM
OVER \$350 IN PRIZES!



JOIN THE HUB—JOIN THE FUN!

To get all the details join the
 Iowa Community College
 Student Life Hub [HERE](#) or email
 us at:
studentinvolvement@dmacc.edu

WEDNESDAY
"THE HOOK UP"
7:00PM
 LEARN ABOUT GENDER,
 CONSENT AND
 RELATIONSHIPS.



THURSDAY
3:00PM
\$150 IN PRIZES!



campus RECREATION **CANOE RACES**

Prizes and SWAG

To sign up:

studentinvolvement@dmacc.edu

or imleagues.com

DMACC Lake

Ankeny Campus

April 27
4:00pm

campus RECREATION

campus RECREATION

SPRING 2021
Intramural Schedule

TRAIL POINT
AQUATICS & WELLNESS



Sports Leagues, Tournaments, Contests and Races

| Intramural Event | Registration Deadline | Season/Tournament Begins | Season/Tournament Ends |
|--|-----------------------|--------------------------|------------------------|
| Bocceball Tournament | April 12 | April 19 | April 19 |
| 4-on-4 Outdoor Speed Soccer Tournament | April 12 | April 20 | April 20 |
| 4-on-4 Sand Volleyball Tournament | April 12 | April 21 | April 21 |
| 3-on-3 Outdoor Basketball Tournament | April 12 | April 22 | April 22 |
| Canoe Races | April 19 | April 27 | April 27 |

GET INVOLVED!

DMACC
CAMPUS
RECREATION



ANDY NELSON

arnelson@dmacc.edu





April is Community College Month

Throughout the month of April, we invite you to join us in talking about how DMACC has helped you! Tag your messages with **#CCMonth**, **#DMACC**, and **@DMACCNews**

Did you know **Actor Jason Momoa** and **Olympian LoLo Jones** attended community college? Specifically, they attended **DMACC**!

OTHER FAMOUS PEOPLE WHO ATTENDED COMMUNITY COLLEGE

Halle Berry studied broadcast journalism at Cuyahoga Community College in OH

Guy Fieri attended American River College and College of the Redwoods, both in CA.

Tom Hanks, a big advocate for community colleges, studied theater at Chabot College in CA

Steve Jobs attended De Anza College in CA

Queen Latifah studied communication at the Borough of Manhattan Community College in NY



[REGISTER HERE](#)

JJ Moses

Overcoming ADVERSITY

The Diversity Commission is hosting a virtual event with speaker JJ Moses.

DAY

Monday, April 12, 2021

TIME

12:00pm-1:00pm

To register or learn more about this event, visit:

Registration is required. A Zoom link will be sent prior to the date of the event.

Indonesian International Year Presents:

Modern Indonesia

JOIN US

- Please join us for a discussion of modern Indonesia. Dr. Natalia Indrasari is a native of Indonesia currently practicing in Iowa. She is very active in the Indonesian community here in Iowa and has many insights to share on events that have led to Indonesia's modern politics and culture.

Date: April 14
Time: 12:50 pm



Upcoming Mental Health Workshop

SOFT SKILLS WITHOUT WIMPING OUT

THURSDAY, APRIL 15, 9:00-10:00A.M.

What are Soft Skills? How to develop them. Why college students are in need of them.

Registration Link: Register in advance for this meeting.



Virtual Presentation on Spring 2022 Study Abroad in London

April 13th 3:00pm-3:45pm

[Click here to learn more.](#)

Federal Energy Relief Fund for DMACC Students

Currently attending DMACC students may now apply for the Coronavirus Response and Relief Supplemental Appropriations Act, 2021 (CRRSAA) Emergency Funds. These funds can be used only for a student's cost to attend DMACC (including tuition, fees, housing, food, technology, supplies, etc.) or for emergency expenses associated with COVID-19

[Click here to learn more and apply.](#)

CLIMATE ACTION AND EQUITY DISCUSSION

THURSDAY, APRIL 15TH FROM 12:20P-1:15P

COMMUNITY COLLEGE PROFESSOR FINN KOLSRUD MODERATES A DISCUSSION WITH CEDAR RAPIDS AND LINN COUNTY SUSTAINABILITY MANAGERS TO LEARN HOW THEY ARE PURSUING CARBON NEUTRALITY AND SOCIAL JUSTICE IN THE COMMUNITY
[CLICK HERE TO REGISTER!](#)

DFI PRESENTS: PROHIBITED VIP & VIRTUAL FASHION SHOW

FRIDAY, APRIL 23 2021

The **DMACC Fashion Institute** is hosting its 7th annual fashion gala. This year we are proud to present **'Prohibited'**. All designs are handcrafted by DFI students using unconventional and sustainable materials. This avant-garde event is going to look a little different this year. There will be two runway showtimes for the in-person VIP event and a virtual runway show for those at home.

Show times: 6:30pm & 8:30pm

Location: Black Box Theatre - Building 5 DMACC (Ankeny Location)

*There are limited numbers to attend the VIP show!

For more info and tickets [click HERE.](#)



Register for Summer classes now!

Questions? Contact your **DMACC advisor**, and don't forget that **DMACC Registration** is here to help, too! You can reach the Registration team at (515) 964-6800 or by emailing registration@dmacc.edu

DMACC is offering a variety of course delivery types this summer and you can browse the entire schedule of available classes [HERE.](#)

Classes begin May 25!



FREE performances on the Ankeny Campus Plaza Between Buildings 5 & 2

May 1, 2, 8 & 9
at 2 pm & 4 pm

If weather forces cancellations, makeup performances will be May 15 & 16

Recommended for grades K-5. No reservations required. We encourage bringing an outdoor chair and wearing a face covering for anyone 2+.
For more information email theatre@dmacc.edu.





Make Trail Point Aquatics and Wellness (TPAW) is your "home away from home" while on the DMACC Ankeny Campus! We have something for everyone: basketball, weight and cardio equipment, two pools, group fitness classes, personal training, Kid Zone and much more. Make sure you come check us out in Building 5 on the DMACC Ankeny Campus; we can't wait to see you!!

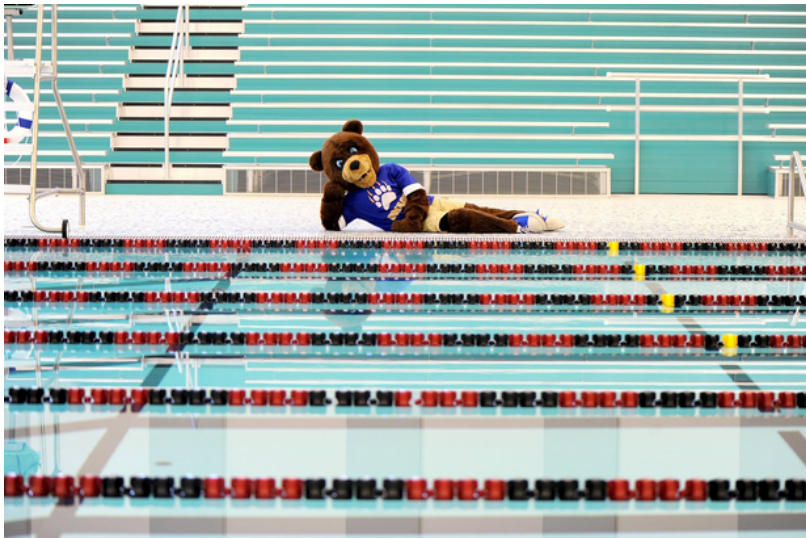


TPAW SPOTLIGHT: TRAINING PROGRAMS

Training at Trail Point! - Built with science & delivered with passion, our fitness professionals at Trail Point will develop a personalized training plan that fits your body, lifestyle & budget.

- **COMPLIMENTARY FITNESS CONSULTATIONS:** Discuss your training style, goals & preferences during your FREE fitness consultation.
- **CUSTOMIZED PLANS:** Get maximum results in minimum time with a program designed specifically for you. Workouts are designed to meet your specific needs and help you reach your goals faster!
- **LEARN PROPER & TECHNIQUE:** Reduce the risk of injury by learning how to perform movements safely and correctly. Don't let your workouts be counterproductive!
- **ENCOURAGEMENT & ACCOUNTABILITY:** Our trainers meet you where you are at no matter what your fitness background is. Trainers provide the consistent motivation and encouragement needed to reach your goal.
- **HAVE FUN!** Learn a variety of exciting new ways to exercise to help break through plateaus & prevent your fitness routine from being tedious & boring!

Trail Point offers both 1:1 and small group personal training options. Contact Drew for at adness@mytrailpoint.com for more info!



Looking for a part-time job?

TPAW is always looking for hard working and motivated students. You can work as a fitness attendant, membership representative, lifeguard, or in our Kid Zone! These positions are a great way to build transferable career skills, in a fun and fast-paced environment. Shifts are flexible and designed around your class schedules.

